

TACTICAL COMBAT ACADEMY

Mixed Martial Arts

Visit www.tcamma.com to schedule your first visit and to learn more about Tactical Combat Academy.
Email us at tcamma@live.com. Phone 717-597-2311.

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
				9:30-10:30 AM	
				Kids MMA All Levels	
6:00-7:00 PM	6:00-7:30 PM	6:00-7:00 PM	6:00-7:30 PM	10:30-12:00 AM	
Kids Stand-Up Ages 4 – 8 Dutch Kickboxing Krav Maga	Adult Stand-Up Muay Thai Krav Maga	Kids Ground Ages 4 – 8 Brazilian Jiu Jitsu No-Gi	Adult Ground Brazilian Jiu Jitsu No-Gi	Kid's Brazilian Jiu Jitsu Gi	
7:00-8:00 PM	7:30-9:00 PM	7:00-8:00 PM	7:30-9:00 PM	10:30-12:00 AM	
Kids Stand-Up Ages 9 – 14 Muay Thai Krav Maga	Adult No-Gi Catch Wrestling	Ages 9 – 14 Brazilian Jiu Jitsu No-Gi	Adult Stand-up Muay Thai/Boxing Pads/Bag Work	JKD Wing-Chun Filipino	
8:00-9:30 PM		8:00-9:30 PM		12:00-2:00 PM	
Brazilian Jiu Jitsu Gi		Brazilian Jiu Jitsu Gi		Adult MMA	
					6:00-7:00 PM
					Open Mat

Fitness Schedule

7:00-8:00 PM		7:00-8:00 PM		7:00-8:00 PM	
MMA Conditioning/ Fitness		MMA Conditioning/ Fitness		MMA Conditioning/ Fitness	